



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 09048, Blackberries, frozen, unsweetened

Report Date: June 29, 2017 22:40 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 151g	1 package (18 oz) 510g
<strong>Proximates</strong>						
Water	g	82.21	3	0.468	124.14	419.27
Energy	kcal	64	--	--	97	326
Energy	kJ	268	--	--	405	1367
Protein	g	1.18	3	0.050	1.78	6.02
Total lipid (fat)	g	0.43	3	0.040	0.65	2.19
Ash	g	0.51	3	0.064	0.77	2.60
Carbohydrate, by difference	g	15.67	--	--	23.66	79.92
Fiber, total dietary	g	5.0	--	--	7.5	25.5
Sugars, total	g	10.67	--	--	16.11	54.42
<strong>Minerals</strong>						
Calcium, Ca	mg	29	3	4.594	44	148
Iron, Fe	mg	0.80	3	0.068	1.21	4.08
Magnesium, Mg	mg	22	3	2.149	33	112
Phosphorus, P	mg	30	3	3.284	45	153
Potassium, K	mg	140	3	13.000	211	714
Sodium, Na	mg	1	3	0.333	2	5
Zinc, Zn	mg	0.25	3	0.018	0.38	1.27
Copper, Cu	mg	0.120	3	0.015	0.181	0.612
Manganese, Mn	mg	1.223	3	0.429	1.847	6.237
Selenium, Se	µg	0.4	--	--	0.6	2.0
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	3.1	3	0.865	4.7	15.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 151g	1 package (18 oz) 510g
Thiamin	mg	0.029	3	0.003	0.044	0.148
Riboflavin	mg	0.046	3	0.001	0.069	0.235
Niacin	mg	1.207	3	0.163	1.823	6.156
Pantothenic acid	mg	0.151	3	0.023	0.228	0.770
Vitamin B-6	mg	0.061	3	0.003	0.092	0.311
Folate, total	µg	34	3	3.043	51	173
Folic acid	µg	0	--	--	0	0
Folate, food	µg	34	3	3.043	51	173
Folate, DFE	µg	34	--	--	51	173
Choline, total	mg	8.5	--	--	12.8	43.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	6	3	1.188	9	31
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	68	--	--	103	347
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	114	3	23.755	172	581
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	118	--	--	178	602
Vitamin E (alpha-tocopherol)	mg	1.17	--	--	1.77	5.97
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	19.8	--	--	29.9	101.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.015	--	--	0.023	0.076
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 151g	1 package (18 oz) 510g
16:0	g	0.010	--	--	0.015	0.051
18:0	g	0.002	--	--	0.003	0.010
Fatty acids, total monounsaturated	g	0.041	--	--	0.062	0.209
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.038	--	--	0.057	0.194
20:1	g	0.003	--	--	0.005	0.015
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.245	--	--	0.370	1.250
18:2 undifferentiated	g	0.163	--	--	0.246	0.831
18:3 undifferentiated	g	0.082	--	--	0.124	0.418
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0